



SEPTEMBER

# NEW(S) HORIZON

2017

A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

*We are proud to sponsor many events and programs addressing the health and well-being of Walpole seniors. Look inside for dates and times for the following programs:*

## HEALTH AND SAFETY

FLU CLINIC  
FOOT CARE  
NUTRITION  
NURSE VISITS  
MEDICARE PLANNING  
SHELTER AT HOME  
TRIAD  
WALPOLE VNA NURSING

## EXERCISE

CHAIR EXERCISE  
CHAIR VOLLEY  
WALKING CLUB  
WII BOWLING  
YOGA  
ZUMBA

## COMMUNITY OUTREACH

AARP TAX PROGRAM  
FARMERS MARKET COUPONS  
FUEL ASSISTANCE  
HOME HEALTHCARE REFERRALS  
HESSCO LUNCH  
MEDICAL RIDES  
NEWSLETTER  
SENIOR TAX WORK OFF  
SHINE

## THE RIDE

WELL BEING CHECKS  
VETERANS MEETINGS

## SOCIAL ACTIVITIES

BINGO  
BRIDGE  
CREATIVE CORNER  
KNITTING CLUB  
MAH JONGG  
POT LUCK MEAL  
SENIOR SINGING GROUP  
WALK-IN BREAKFAST  
WRITING GROUP

## TRIPS

DAY OF BEAUTY  
STOP & SHOP  
WALPOLE ERRAND DAY  
REGIONAL DAY EXCURSIONS

WALPOLE COUNCIL ON AGING CENTER  
135 SCHOOL STREET, WALPOLE, MA 02081

Hours: Monday, Wednesday, Thursday, Friday, 8:30AM – 4:30PM; Tuesday 8:30AM – 8:00PM  
Telephone: 508-668-3330, Fax: 508-660-7363, Website: [www.walpole-ma.gov](http://www.walpole-ma.gov)

*The mission of the Walpole Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Seniors and their families.*

## SEPTEMBER TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION (subject to change)
<b>TUESDAY 9/5</b>	Memory Café	Fun and welcoming event for individuals with forgetfulness and their families	1:00—2:30PM United Church
<b>WEDNESDAY 9/6</b>	Chair Volleyball	More fun than you can standing—while seated! Come enjoy this fun-filled game.	10:15AM COA
<b>THURSDAY 9/7</b>	Walpole Walmart	Ride provided to and from Walmart. Registration required.	Van leaves COA at 9:30AM
<b>THURSDAY 9/7</b>	Veteran Coffee Hour	A coffee & conversation hour where military veterans are encouraged to connect with other veterans.	10:00AM—11:00AM COA
<b>THURSDAY 9/7</b>	Chickie Flynn's Lunch	Registration required, preference to those who didn't attend in June. \$2.50 per person.	Van leaves COA at 11:00AM
<b>MONDAY 9/11</b>	Walking Through The Walpoles	Our resident historian Karl West presents an informative discussion about Walpole	10:30AM—11:30AM COA
<b>MONDAY 9/11</b>	TED TALK: Facing the Future	Viewing of Rabbi Lord Jonathan Sacks "How we can face the future without fear" and His Holiness Pope Francis "Why the only future worth building includes everyone"	11:00AM COA
<b>WEDNESDAY 9/13</b>	Coffee with Attorney J. DiPietro	Join us for coffee and to have your legal questions discussed.	11:00AM—12:00PM COA
<b>WEDNESDAY 9/13</b>	Twin Rivers	Registration Required.	Van leaves COA at 10:00AM
<b>THURSDAY 9/14</b>	Walk In Breakfast	Join us for a great home-cooked breakfast & wonderful company.	8:00—10:00AM COA—\$3.00 per person
<b>THURSDAY 9/14</b>	Keith Snow Performs	Enjoy country music performed by Keith Snow	11:00AM—12:00PM COA
<b>WEDNESDAY 9/20</b>	TRIAD	Norfolk County Sheriff's Department's monthly educational session at the COA.	11:00AM—12:00PM COA
<b>WEDNESDAY 9/20</b>	Hearing Assessments	Norwood Hearing Center provides complimentary 10 minute hearing assessments and video otoscope to see inside your ears.	10:00AM—1:00PM COA
<b>WEDNESDAY 9/20</b>	September Birthday Party	Is it your birthday this month? Celebrate your birthday with friend's at the COA. Cake generously donated by Harrington House.	2:00PM COA, Free
<b>THURSDAY 9/21</b>	Walpole Errand Day	The van will take you on errands around Walpole. Registration is required.	Times TBD based on registrants and destinations.
<b>THURSDAY 9/21</b>	Coping Techniques for Caregivers	The role of a caregiver can at times be overwhelming. Learn strategies to better cope.	9:30AM—10:30AM COA
<b>THURSDAY 9/21</b>	Wheel of Fortune	Laurie Blake from Home Instead brings Wheel of Fortune to the Center.	1:00PM COA
<b>MONDAY 9/25</b>	Chair Volleyball	More fun than you can standing—while seated! Come enjoy this fun-filled game.	10:15AM COA
<b>MONDAY 9/25</b>	Flu Clinic	Flu vaccine is recommended for everyone. Please remember your insurance card.	1:00PM—4:00PM COA
<b>WEDNESDAY 9/27</b>	Restaurant of the Month	Join us for lunch at Dolphin Seafood in Natick for fine seafood at a reasonable price.	12:00PM Van leaves COA 11:30AM
<b>WEDNESDAY 9/27</b>	Creative Corner	Spin the Wheel of Fortune with Laurie Blake from Home Instead.	1:00—2:00PM COA

## SEPTEMBER TRIPS & EVENTS *continued*

DATE	EVENT	DESCRIPTION	TIME & LOCATION (subject to change)
<b>THURSDAY 9/28</b>	Walk In Breakfast	Join us for a great home-cooked breakfast & wonderful company	8:00—10:00AM COA—\$3.00 per person
<b>THURSDAY 9/28</b>	Lunch and Learn Continuum of Care	Arm yourself with information about the ins and outs of a hospital stay. Our panel shares their expertise on hospitalization, discharge planning, rehabilitation and home care.	11:30AM—12:30PM COA
<b>THURSDAY 9/28</b>	COA Board Meeting	COA Board Monthly Meeting in Town Hall	1:30—2:30PM Room 112, Town Hall
<b>FRIDAY 9/30</b>	Grandparents Day Celebration	An early release day is planned for the Walpole Public Schools! Bring your grandchildren or great grandchildren to the center to play BINGO and enjoy refreshments as we celebrate!	2:00PM—3:00PM COA

### September is National Senior Center Month

#### “Masters of Aging”, Empower, Enlighten, Engage and Enrich

September 11, Walking through the Walpoles, Karl West

September 20, Hearing Assessments, Norwood Hearing Center

September 21, Coping Techniques for the Caregiver, Bridges

September 28, Lunch and Learn Continuum of Care, Panel Discussion

September 29, Grandparent Day Celebration, BINGO and more!

### BACK TO SCHOOL PICTURE DAY

The Walpole Council on Aging is working to update your information to be sure that we have accurate and complete records. We are also adding photos to our records. Come update your information & have a photo taken.

**SEPTEMBER 18th,  
9AM—12:00PM**



COA Board President Rich McCarthy with Walpole Swim Team at the Swim Across America Fundraiser.

Mary Murphy recognized for her 14 years of service as the Big Y Baked Goods Coordinator!




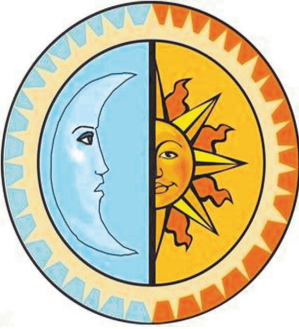
### GRIEVING GROUP TO BEGIN IN SEPTEMBER

Join us Tuesday's for this 6 week program. Dates are **September 26, October 3, 10, 17, 24 and 31**. Meeting will be held in **ROOM 112 TOWN HALL, 1:00 PM TO 2:00 PM**. There is no charge to attend, please RSVP by **Thursday, September 21st**.



For more information or to register, call 508-660-7362 or see **Laurel St. Pierre, Outreach Worker**  
**Office Hours: Monday - Thursday, 9:00AM- 3:00PM**

# SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>**HESSCO lunch is provided daily for a \$3 donation. Call 781-784-4944 24 hrs. in advance for reservations or cancellations</b>  <b>ALL PROGRAMS ARE 1 HOUR LONG UNLESS OTHERWISE NOTED.</b>	<b>1</b> <b>9:00AM</b> Zumba <b>10:00AM</b> Wii Bowling <b>10:00AM</b> Writing Club @ Library <b>12:00PM</b> HESSCO lunch <b>12:30PM</b> Bingo
<b>11</b> <b>10:00AM</b> Exercise Class <b>10:30AM</b> Walpole History Discussion <b>11:00AM</b> TED Talk <b>12:00PM</b> HESSCO lunch <b>1:00PM</b> Dominos <b>1:30PM</b> Mah Jongg	<b>12</b> <b>AM Stop &amp; Shop</b> <b>8:30AM</b> Bird Park Walking <b>10:00AM</b> Knitting Group <b>12:00PM</b> HESSCO lunch <b>1:30PM</b> YOGA <b>4:00PM</b> A Musical Interlude	<b>13</b> <b>10:00AM</b> Exercise Class <b>11:00AM</b> Coffee Q&A <b>12:00PM</b> HESSCO lunch <b>12:30PM</b> Pokeno <b>2:30PM</b> Senior Moments	<b>14</b> <b>8:00-10:00AM</b> Walk-in Breakfast <b>8:30AM</b> Bird Park Walking <b>10:30AM</b> Yoga <b>12:00PM</b> HESSCO lunch <b>1:00PM</b> Wheel of Fortune <b>1:15PM</b> Bridge	<b>15</b> <b>9:00AM</b> Zumba <b>10:00AM</b> Wii Bowling <b>10:00AM</b> Writing Club @ Library <b>12:00PM</b> HESSCO lunch <b>12:30PM</b> Bingo
<b>25</b> <b>10:00AM</b> Exercise Class <b>11:00AM</b> Chair Volley <b>12:00PM</b> HESSCO lunch <b>1:00PM</b> Dominos <b>1:30PM</b> Mah Jongg	<b>26</b> <b>AM Stop &amp; Shop</b> <b>8:30AM</b> Bird Park Walking <b>10:00AM</b> Knitting Group <b>12:00PM</b> HESSCO lunch <b>1:30PM</b> YOGA <b>4:00PM</b> A Musical Interlude	<b>27</b> <b>10:00AM</b> Exercise Class <b>11:30AM</b> Dolphin Trip <b>12:00PM</b> HESSCO lunch <b>1:00PM</b> Creative Corner <b>2:30PM</b> Senior Moments	<b>28</b> <b>8:00-10:00AM</b> Walk-in Breakfast <b>8:30AM</b> Bird Park Walking <b>10:30AM</b> Yoga <b>12:00PM</b> HESSCO lunch <b>1:15PM</b> Bridge	<b>29</b> <b>9:00AM</b> Zumba <b>10:00AM</b> Wii Bowling <b>10:00AM</b> Writing Club @ Library <b>12:00PM</b> HESSCO lunch <b>12:30PM</b> Bingo

Please **sign up** for **ALL** trips and events you would like to attend.

**IN-PERSON** and **PHONE** registration begin **Wednesday, September 6th at 8:30AM** .

*You must speak to a desk volunteer. Leaving a voicemail **does not** register you for programs.*



# SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4</b> <b>LABOR DAY</b> Center Closed  <b>HAVE A RELAXING LABOR DAY</b> 	<b>5</b> <b>AM Stop &amp; Shop</b> <b>8:30 AM</b> Bird Park Walking <b>10:00AM</b> Knitting Group <b>12:00PM</b> HESSCO lunch <b>1:30PM</b> YOGA <b>4:00PM</b> A Musical Interlude	<b>6</b> <b>SIGN UP DAY</b>  <b>10:00AM</b> Exercise Class <b>11:00AM</b> Chair Volley <b>12:00PM</b> HESSCO lunch <b>12:30PM</b> Pokeno <b>2:30PM</b> Senior Moments	<b>7</b> <b>WALMART</b> <b>8:30AM</b> Bird Park Walking <b>10:00AM</b> Veteran Coffee Hour <b>10:30</b> YOGA <b>12:00PM</b> HESSCO lunch <b>1:15PM</b> Bridge/ Scrabble	<b>8</b> <b>9:00AM</b> Zumba <b>10:00AM</b> Wii Bowling <b>10:00AM</b> Seekers Writing Club Walpole Library <b>12:00PM</b> HESSCO lunch <b>12:30PM</b> Bingo
<b>18</b> <b>9:00AM—12:00PM</b> Back to School Picture Day <b>10:00AM</b> Exercise Class <b>12:00PM</b> HESSCO lunch <b>1:00PM</b> Dominos <b>1:30PM</b> Mah Jongg	<b>19</b> <b>AM Stop &amp; Shop</b> <b>8:30AM</b> Bird Park Walking <b>10:00AM</b> Knitting Group <b>12:00PM</b> HESSCO lunch <b>1:30PM</b> Yoga <b>4:00PM</b> A Musical Interlude	<b>20</b> <b>10:00AM</b> Exercise Class <b>11:00AM</b> TRIAD <b>12:00PM</b> HESSCO lunch <b>12:30PM</b> Pokeno <b>2:00PM</b> Monthly Birthday Party <b>2:30PM</b> Senior Moments	<b>21</b> <b>ERRAND DAY</b> <b>8:30AM</b> Bird Park Walking <b>10:30AM</b> Yoga <b>12:00PM</b> HESSCO lunch <b>1:00PM</b> Wheel of Fortune <b>1:15PM</b> Bridge/ SCRABBLE	<b>22</b> <b>9:00AM</b> Zumba <b>10:00AM</b> Wii Bowling <b>10:00AM</b> Seekers Writing Club Walpole Library <b>12:00PM</b> HESSCO lunch <b>12:30PM</b> Bingo





## FROM THE DIRECTOR

Fall is upon us and it won't be long until the days turn crisp and cool. September is National Senior Center Month and I encouraged each of you to seek out opportunities to empower, enlighten, engage and enrich your life this month at our Center.

We continue to seek out volunteers with special interests to share with our collective and grow our offerings. Our Knit and Crochet group now meets Tuesday mornings at 10:00am. Come by to knit a project of your own or learn about their successful Veteran Lap Blanket program. The group maintains a stash of supplies and is always seeking 4-ply yarn appropriate for blankets. We will also be seeking materials and interested volunteers for a new project creating weighted blankets for Longview Farm, a part of the Home for Little Wanderers. Be in touch with Kerri if you are interested as we hope to begin working on this project soon.

**THANKS Mary Murphy** for managing the weekly BIG Y baked goods donations 2003 –present!

**THANKS Walpole Swim Team** for the Swim Across America Swim-a-thon to benefit the new COA Building.

**CONGRATULATIONS Dorothea Hanes and Rachel Tetreault**, winners of the Wii Bowling Tournament.

**CONGRATULATIONS Rita Walsh** for winning the first LRC game and a \$25.00 Kohl's gift card.

*Kerri McManama, Director Walpole Council on Aging*



**The Walpole Health Department in partnership with Rite Aid Pharmacy will be offering Walpole Flu Vaccine Clinics**

**September 25, 2017, 1:00-3:00 PM, Town Hall**  
**October 3, 2017, 4:00-7:00 PM, Walpole High School Cafeteria**

The clinics are open to children ages 4 and older and are free for children 18 and under. Pre-registration is required for the Walpole High School clinic at [mylocalclinic.com](http://mylocalclinic.com), enter Walpole, MA to log in. This site open to schedule appointments beginning September 5. All adults aged 19 and older must bring their medical insurance cards to the clinic.

**Influenza** is a contagious respiratory illness that spreads from person to person through coughing, sneezing or close contact. Symptoms include: fever, sore throat, chills, fatigue, cough, headache, runny or stuffy nose and muscle aches. While other illnesses have the same symptoms and are often mistaken for influenza, only the influenza virus can cause influenza. The influenza virus can cause mild to severe illness. Each year, on average, more than 200,000 people are hospitalized for respiratory and heart-related illnesses associated with the influenza virus, and thousands die from flu-related complications in the United States. Most of these deaths occur in the elderly, young children, and people with certain health conditions. **The best way to prevent the flu is by getting vaccinated each year.**

# NEW(S)HORIZON

Walpole Council on Aging  
Town Hall , 135 School Street  
Walpole, MA 02081

Telephone: (508) 668-3330

Fax: (508) 660-7363

Kerri McManama, Director COA

Laurel St. Pierre, Outreach

Christine Tetreault, Advocate

Jane Wulk, Van Driver

Carol Fellini, Van Driver

Jim Hinds, Van Driver

Dolores Efthim, Chairman COA Board

This Newsletter is made possible,  
in part, by a grant from the  
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Office of Elder Affairs and through the  
generous support of the  
Friends of Walpole Elders, Inc.



*Friends of the Walpole*

*Elders, Inc.*

*P.O. Box 186*

*East Walpole, MA 02032*

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## WALPOLE COUNCIL ON AGING PROFESSIONAL SERVICES

**HESSCO Meal Site:** (508) 668-3423,  
provided daily for a \$3.00 donation.  
Call for reservations or cancellations,  
781-784-4944 at least 24 hours in  
advance.

**Public Health Nurse:** blood  
pressure screenings and health  
information every Monday morning at  
9:30AM\*

**Health Insurance Counseling:** by  
appointment only, Tuesdays and  
Thursdays, 9:00AM—12:30PM

**Legal Services:** 2nd Wednesday of  
the month, 11:00AM—12:00PM\*Free.

**Foot Care:** Mondays by appointment  
only, 9:00AM—2:00PM, Cost is \$20.  
Call (508) 668-3330.

\*Times subject to change

## HELPFUL NUMBERS TO REMEMBER:

**NORFOLK COUNTY "ARE YOU OK?"**

**(866) 900-RUOK (7865)**

Receive a call daily to make sure you are up and OK!

**POLICE (Non-emergency) 668-1212**

**FIRE DEPARTMENT (Non-emergency) 668-0260**